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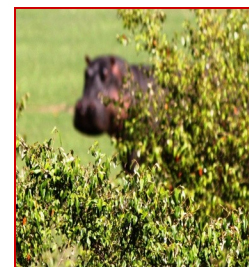
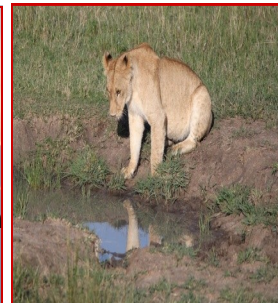
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Kenya Safari:
March 2011

Photos by
Maggie DeLoach



Arrangements were made through Bushtracks Expeditions: www.bushtracks.com Accommodations Mara Plains Camp, greatplainsconservation.com/mara_plains/index.html

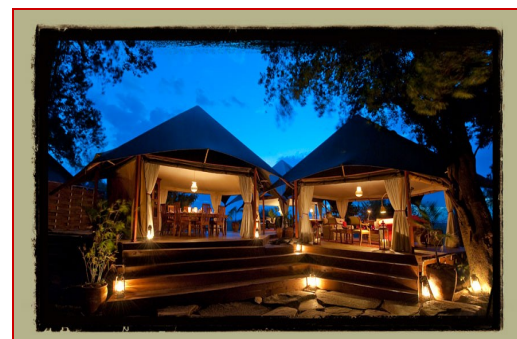
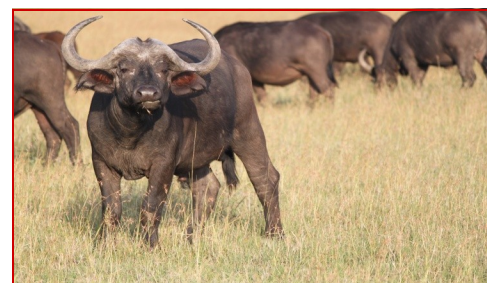


Photo Courtesy Mara Plains Camp



EDITOR

Maggie DeLoach

Contributors Elliott Wright, Glenda Siegrist

*Photography: Maggie DeLoach, Mara Plains
Camp Glenda Siegrist*

The Lion is published bi-weekly by the Community Liaison Office in Addis Ababa, Ethiopia to provide news, information and resources to the American Community in Ethiopia.

The Lion is always interested in your photos and articles. Please send your submissions by 10 am on the Monday before publication to:

cloaddisababa@state.gov

Hours of Operation

Embassy: Monday-Thursday 7:30-5:00pm, Friday 7:30-12:30 pm

Phone 011 130 6000

After Hours 011 130 6911

<http://addisababa.usembassy.gov>

RSO: All public inquiries may refer to the Internet webpage:

http://ethiopia.usembassy.gov/rso_addis.html

RSO would like to once again remind the community to BE CAUTIOUS at all times when traveling on roads in Ethiopia:

- Road travel outside major towns or cities MUST be limited to DAYLIGHT HOURS ONLY, and travel in convoys whenever possible.
- When driving, BE WARY of other motorists warning you of a mechanical problem or loose tire. This may be a ruse used by thieves to get you to stop the vehicle.
- Remain ALERT to your surroundings at all times to ensure that you aren't being followed.

According to the World Health Organization (WHO), Ethiopia has the highest rate of traffic fatalities per vehicle in the world:

- Roads in Ethiopia are POORLY maintained, inadequately marked, and poorly lighted.
- Road travel after dark outside Addis Ababa and other cities is OFF-LIMITS due to hazards posed by broken-down vehicles left in the road, pedestrians walking in the road, stray animals, and the possibility of armed robbery.
- Road lighting in cities is inadequate at best and NON-EXISTENT outside of cities.
- Excessive speed, unpredictable local driving habits, pedestrians and livestock in the roadway, and the lack of basic safety equipment on many vehicles are DAILY HAZARDS on Ethiopian roads.

Please review the complete text of the Mission Security Directive on Travel and Personal Security at our IntraNET webpage:

<http://addisababa.state.gov/RSO/Travel%20and%20Personal%20Security%20Policy.pdf>



From the Health Unit: The use of Khat in Ethiopia



Submitted by
Glenda Siegrist

Driving around in Addis Ababa, one can see Ethiopians chewing on the Khat, a green leafy plant. Chewing Khat is considered a social custom predominately in the Horn of Africa and the Arabian Peninsula. It's biological name, *Catha edulis*, is also known as "African salad" or "bushman's tea". In Ethiopia, it predates the use of coffee. The active ingredient, Canthinone, found only in fresh leaves, is an amphetamine like substance, producing euphoric, and mood altering effects. Structurally, Khat is related to cocaine and amphetamine. Fifty percent of Ethiopians use Khat, with 17% admitting to daily use and as one would suspect more men than women chew.

I spent time discussing the subject of Khat chewing with Dr. Yonas, an Ethiopian Child and Adolescent Psychiatrist, trained in Canada, and oversees an addictions treatment center in Addis. He noted that it is the most commonly abused drug in Ethiopia and that most individuals are unaware of how addictive it can be.

In the United States, Khat is considered a Schedule I drug under the 'Controlled Substance Act' for it's high potential for abuse; it is illegal.

In Ethiopia, there is high pressure for students to do well in school. It is not uncommon that in high schools and universities, that students will chew Khat prior to a big exam. As a stimulant, it helps them to read a lot of books, and to remember large amount of material. It is short acting, lasting about 6-8 hours. After about 12 hours, most of what was studied was forgotten, but for the short term, they passed the exam.

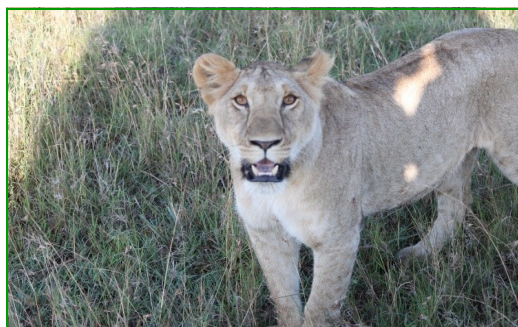
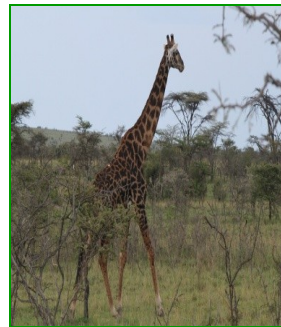
Adults, mostly men, will attend Khat houses in the afternoons or evenings, chew Khat, discuss politics and fantasize. Unfortunately, debts are created and families go without food or necessary school supplies to maintain the habit of Khat chewing.

Recent studies have found significant medical problems related to chewing Khat. It increases the heart rate and blood pressure. There are significantly higher rates of deaths, heart attacks and strokes compared to non users. It can cause psychosis with long term use. Dr. Jonas noted that one of the major complications of Khat is "chronic use of Khat syndrome", in which the individual neglects himself, practices poor hygiene and generally loses interest in caring about himself.

While many argue that it is a social custom in Ethiopia, I challenge parents to consider the wisdom of a decision to allow your students to chew an addictive substance. I also encourage all adults to consider stop using this addictive substance. Addictions are hard to break, but there are resources in Addis Ababa to help you or your family members. Dr. Jonas, who works at St. Paul's hospital, can assist with individual or group counseling.

Alcoholics Anonymous of Addis Ababa is another source for individuals struggling with addictions, whether it is alcohol or khat or even overrating. They are open to anyone who wants to break the struggle of using addictive substances.

Ali, W., Zubaid, M., Al-Motarreb, A., Singh, R., Al-Shereiqli, S., Shehab, Al,Rashed, W., Saheer, N., Saleh, A., & Suwaidi, J.(2010). Association of khat chewing with increased risk of stroke and death in patients presenting with acute coronary syndrome. *Mayo Clinic Proceedings*.85 (11), 971-973.





ICS UPDATES

Phone: +251-11-371544

Email: info@icsaddis.edu.et

Alternate ICS number: +251-911-333-650

PO Box 70282 Old Airport Addis Ababa

Friday 13 May EC—Grade 1 Concert, 10:30 AM, Large Amphitheater

Friday 13 May PTA Meeting, 4:00 PM

Thursday & Friday, 19 & 20 May Library Book Exchange, 3:30 PM

Friday 20 May Drama Improv Show & Multi Media Arts Show, 5:30 PM

Wednesday 25 May MS/HS Concert, 7:00 PM, Gym

Thursday 26 May Grade 8 Stepping Up Program

Thursday 26 May Elementary Dress Up Day: Crazy Hat Day

Thursday 26 May Last Day of Elementary ASAs

Friday 27 May Teacher Work Day – School Closed for Students

Saturday 28 May Graduation

Tuesday 31 May Grade 5 Parent Transition Tea, TBA

Thursday 2 June Grade 2-5 End of the Year Concert

Saturday 4 June SAT at ICS

8-13 June Final Exams, Grades 8-11

Friday 10 June Elementary Dress Up Day: Opposite Day

Monday 13 June Regular Board Meeting, 7:00 PM

Tuesday 14 June Stepping Up to Middle School Day for Grade 5

Wednesday 15 June MS House Day, 8:00 AM-12:30 PM

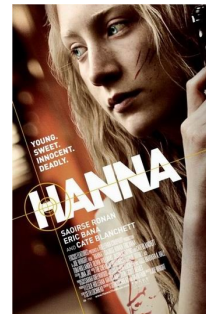
Wednesday 15 June MS Awards Ceremony, 12:30-2:00 PM

Thursday 16 June Last Day of School (Half Day for Students)



Welcome to **EDNA Mall** Ethiopia's First Complete Family destination that offers movie entertainment, video games and playground for children, shopping and dining.

Now Showing...



For more information and show times please
call 011-661-6278/6208 or visit their website
@ <http://www.ednamall.net/>



Classifieds

To submit an advertisement, e-mail the editor at cloaddisababa@state.gov. Ads will be published for 2 issues the LION. If you wish to delete the ad sooner or continue it longer, contact the editor. Please limit to 50 words or less.

Vehicles

2003 Land Rover Discovery II.

Good condition; no mechanical problems experienced. High clearance 4WD, differential lock, traction control, hill descent control. V8 4.6 liter engine. Automatic transmission, sunroof, cruise control, power windows/locks/seats, Air con, leather seats, gold color. 86,000 miles. Imported duty free from the U.S. USD 17,000 or equivalent. **Email or call Andy at tate.andy@gmail.com / 091-260-8209 if interested. Pictures available upon request. Available late June**

2002 Land Rover Discovery.

duty free (imp. 2007) Exc. Cond., 117,700 km, 4whl dr, Automatic, \$15,950 Contact ICS 011 371 1544 Ato Wondwossen ext. 229, Don Tingley ext. 284 or 092 137 8334, Ato Tamiru Mambo 091 302 6638

For Sale - Land Rover Discovery Series II. Excellent Condition – Model 2000 (brought to Africa from the US in 2005), 130,000 km; 4.0 Liter Petrol engine, 4 Speed Automatic; Left Hand Drive; Loaded with: leather & wood interior, Harmon Kardon audio, 2 sunroofs; Duty NOT paid; Contact Kevin – 0911-218-178 or kevsmith2000@yahoo.com; US \$15,000 (4/14)

2000 Lexus LX470 4WD (Lexus Landcruiser): near mint condition, 101,000 miles, 8 seats, V8 engine, new tires, moonroof, bull bars, traction control, pri-

vacy glass, air bags, 100,000 mile check up performed in the U.S., and much more. Photos available on request. \$19,500. Available June/July 2011. Price and timeframe are negotiable. Contact Jeff at jladenson@hotmail.com or 0911 -51-17-37. (4/14)

FOR SALE (available in July): 2000 Honda CR-V EX 4WD. Color silver. Purchased in May 2009, one previous owner. Car imported to Ethiopia in September 2009, duty-free. Great vehicle for in-town and off-road trips. Car has received regular maintenance in Ethiopia; brake pads replaced in May 2010. Please direct all inquiries to Stephanie at reedsl@state.gov or 011-130-6179. (4/14)

2007 Suzuki Jimny: \$9,000/OBO. 3,000 Km. One owner. Manual, 1.3 L, 4 Cylinders, 4 wheel drive, petrol. 2 Door, 4 Seat. 15" alloy wheels, AC/ heater, 2 Speaker Stereo w/CD player. Driver & Passenger Armrests, keyless central locks, intermittent wipers, anti-glare rear wiper/washer, power door mirrors & windows, power steering. Contact: 0911 254297

'98 Sienna XLE-7 passenger minivan, leather, cd/cassette/stereo, Duty Free, \$12,000 091 354 0218 or 091 354 6814 (4/28)

Landrover Defender TDI for sale. 221,000km. Imported duty free to Ethiopia 2005. \$12,000. Available immediately. sofia 09 11511617 or 0913399838 guybanim@hotmail.com

For Sale 200 2 Toyota 4runner

Four wheel drive 89,000 miles (Great condition) \$12,500 (duty free) Available mid-June

Contact John at 0911249516 or jedgar@usaid.gov

For Sale: 2004 Toyota RAV4 Duty Free, inclusive of spare parts, 57,000 miles, good condition, Available mid-July \$12,300 OBO jim@deloach.net or 091 151 1735

2004 Toyota Matrix XLS hatchback, asking \$ 6,000 duty free. 101,500 miles, 5-speed manual transmission. Been in Ethiopia for two years. Reliable transportation around Addis Ababa. Some cosmetic wear and tear. Contact Andrew at X6308 or martinaw@state.gov for more information or to view.

Cars for Rent: Contact Lijeshet Anteneh 091 123 7157. Two models Available: Abay or Toyota Corolla

CAR FOR RENT RAV 4-2006 MODEL Automatic transmission Great condition Contact Henok @ 0911161918

Miscellaneous

WANTED – TREADMILL Call Carmela 091 150 9524 (4/28)

Wanted: exercise stationary bike or walking machine (treadmill). Call Jennifer 0911-254025.

WANTED: Children's Swing Set. If you are departing post and don't want to pack up your child's outdoor swing set, please let us know. We have an interested buyer. Contact Don at JurczykDF@state.gov

For Sale: AFN Satellite Decoder Box (Analog) Comes w/ an extra new remote \$110 for authorized purchaser. Contact Chip by e-mail or at 0911 509-431 (4/14)

EVDO Wireless Internet Data Terminal. Wireless stick can be used in desktops or laptops. Purchased new in 2009. USD 50 or equivalent. USD 50 or equivalent. **Email or call Andy at tate.andy@gmail.com / 091-260-8209 Pictures available upon request. Available late June**

For Sale: Queen Sealy Mattress & box spring, Lightly used \$300 OBO Contact yoppda@state.gov (5/12)

WANTED! Garden umbrella Lawn furniture Please contact ji.shin@gmail.com (4/28)

Household Staff

EXCELLENT DRIVER available mid-June. Excellent English, knows the city inside and out as well as surrounding areas, great safety record, trustworthy, works evenings whenever needed, resourceful at running errands, and can independently take your visitors on various "city tours". Prior to working for me he drove 4 years for a USAID employee whose glowing recommendation is also on file. Contact Rebecca at 0912-376-108 for more info.

Yitbarek, our wonderful day guard looking for a full-time position. Responsible, hard-working, very friendly. Communicates well in English, has complete background security check with the Embassy. He can be reached at 0912121375 or through Warren at x6756. (4/28)

Tseday Getachew excellent nanny great experience working for EU & US families. English is excellent, she is highly energetic, great with babies and children. She will be available in Mid-June. Please call Tseday at 0911435422. for references john_edgar82@yahoo.com.

Sara Tefera Yibza looking for work as a nanny. She last worked for a German family with a 2 year old. In their recommendation letter, the family describes Sara as "caring and committed", "punctual and reliable", and an "excellent cook". Sara speaks fluent English, and is a caring and kind individual with wonderful cooking skills who would be a fantastic hire for any family. She can be reached at

0910-579-083 or by email at nadia_meseret@yahoo.com.

Teachers

ICS seeking experienced certified teachers: Please contact Hubert Gordon , Elementary Principal at 011-371-1544

Hubert.gordon@icsaddis.edu.et

ICS looking for tutors and **English as an additional**

language support people. Please contact Susan Cizek susan.cizek@icsaddis.edu.et

Private Music lessons: www.icsaddis.edu.et

Click on "Academics", Scroll to "Performing Arts", Click on Band, Scroll to "Private Lessons

We are an Early Learning Center focused on Active Play for children ages 6 months - age 5. We currently have openings for full and or part time teachers who can lead/plan activities, songs and games in English. Experience working with children is a plus but not necessarily required. Love of children and a willingness to learn are musts! 8:00am - 2:00pm preferred. Please email CV to:

headtotoe.addis@gmail.com

or phone 0911 54 7782

Referred by Mark Lovejoy

Services

Personal Trainer Available: Mohit Vartak is a Certified Personal Trainer with over 15 years of experience. Available for personal training, nutrition consultation, body analysis, and fitness plan development. He is also available to lead group classes. Call him directly at 091 215 812 Recommended by Allyson Wainer (1/6/11)

Massage in your own home. Fere has her certificate in massage therapy: Swedish, Shiatsu, hot stone, aroma therapy massage, and reflexology. She brings her own massage table. She has been serving the American Community for many years. Contact Fere at 091 168 9475 Recommended by Diane Corbin

Fitness Kickboxing - Cardio-vascular training, Punching bag training, and shadow boxing. This class is targeting people seeking to improve their overall fitness and weight loss. Full Contact Kickboxing In Kamau's home or Laphto in old airport For more information, please contact : kamkickboxer@yahoo.com

JOB VACANCIES

The date indicates when the application is due. Find more about these job opportunities at: http://ethiopia.usembassy.gov/job_opportunities.html

The U.S. Mission Addis Ababa is seeking an individual for the position of:

23-2011 Electrician M & R Technician All Interested COB 5/16/11

24-2011 Program Assistant, All Interested, COB 5/12/2011

26-2011 Executive Assistant USAU EFM COB 5/18/11

30-2011 Generator Technician All Interested COB 5/18/11

36-2011 Computer Management Assistant All Interested COB 5/18/11

USAID

Senior Program Management Specialist All Qualified COB 5/16/11

Roving Secretary All Qualified COB 5/16/11

Program Development Officer All Qualified COB 5/23/11

AEEA

Lifeguard,Gym/Attendant Emb. Rec. Center

AEEA.Jobs@gmail.com

May/June 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
8	9 Deadline Lion Submissions	10 1:00	11	12 Lion	13 3:00	14
15 10-5	16	17	18	19	20	21
22	23 Deadline Lion Submissions	24	25	26 Lion	27	28 ICS Prom Down fall of the Derg Day
29	30	31	1	2	3	4
5	6 Deadline Lion Submissions Int'l Water Day	7	8	9 Lion	10	11

***Ongoing Activities**